

Bing Thom to Breathe New Life into Randall School

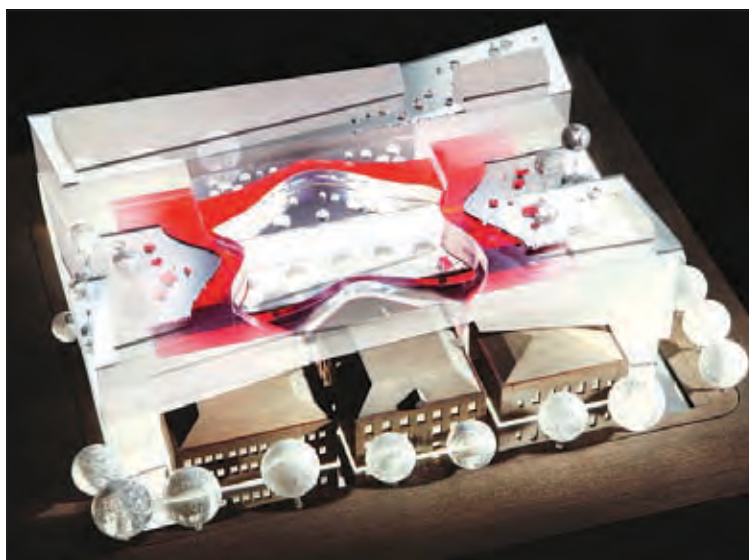
By The Southwester Staff

Soon after the 1954 landmark Supreme Court ruling *Brown v. Board of Education*, the Elizabeth G. Randall Junior High School was left empty as its black students were sent to join the white students of Jefferson Junior High School in compliance with integration. Although the move proceeded without incident and Randall's legacy endured, the fate of its impressive brick structure remained uneven at best. Randall has been used as many things, including a homeless shelter and arts center, but for the most part the building that once represented education in Southwest was left to face its subsequent years as a shell.

Even recently, with the aborted plans of the Corcoran Museum to move its art school there, Randall faced dashed hopes once again.

Plans are being draw up now, however, to revive the site and let the sun shine into the many windows which dominate its every elevation. The Rubell Family has joined forces with Telesis Corporation to bring a portion of the Rubell art collection to the building, creating a cultural space with hotel and retail amenities. The developer announced earlier this year that it has engaged famed architect Bing Thom, now well-known in Southwest as the Arena Stage designer, to conceive a plan that assures the Randall School's historic preservation.

According to Marilyn Melkonian, president of Telesis, the project is in the conceptual stage while the architect continues to work on the design. The rendering which Telesis made avail-



Concept rendering of the additions and historical preservation of the Randall School. Photo Courtesy of Telesis Corporation.

able to *The Southwester* shows the project's principal ideas: avoid a harsh rectangular shape while preserving the rectangles of the original school building; incorporate the planned uses in such a way that also allow a flow of visitors throughout the complex; preserve the brick structure, built in 1906; and highlight its architectural features.

This is to be accomplished by opening the center area to create a "street" within the building, connected to a reopened Half Street on the east side. This allows the north elevations of the historic

buildings to be appreciated, and incorporates these facades into the new uses.

Melkonian said that the Rubells and Telesis want to create a convergence of high standards of architectural development in Southwest already begun by Thom at Arena Stage.

"The Art Museum will be the centerpiece, and it will be integrated seamlessly through the creation of the interior street," Melkonian told *The Southwester*.

The D.C. Council enabled the Rubells to gain ownership of the Corcoran last month, and developers continue to work on financing for the project. Melkonian stressed the cooperation of ANC 6D to assure a smooth transition.

"Working with the Rubells and Marilyn Melkonian has been a pleasure," said Ron McBee, ANC chair, "and we are confident that they will bring much excellence to their development in Southwest."

And excellence is what the legacy of Randall Junior High School, over its nearly 50 years of presence in Southwest, demands.



Elizabeth G. Randall Junior High School in a photo from 1908, just two years after construction. Photo from LOC.

Jack the Crab Honors Southwester Newspaper



The papier-mâché crustacean tops off an exhibit at the National Building Museum. To our delight, Jack is made from back issues of *The Southwester*. The exhibit, organized by the museum, looks

at three neighborhoods, including Southwest, through the eyes of local youth. The work and the vision is theirs. "The Hidden Secrets of Southwest" is a major part of the exhibit *Investigating Where We Live*. It will be at the Building Museum through the end of the year.

The Closing of Water Street: First Approach to Waterfront Redevelopment

By The Southwester Staff

At October's ANC 6D meeting, the Southwest Waterfront's developer, Hoffman Struever Waterfront (HSW) — still named that despite the withdrawal of Struever Brothers and the recent addition of Madison Marquette — petitioned for the Commission's approval for the permanent closing of Water Street.

Water Street, which runs parallel to Maine Avenue, is a local access way. It is the spawn of Southwest's redevelopment in the 1960s and 1970s. Historic Water Street is today's Maine Avenue. Modern Water Street provides access to the businesses and parks along the Southwest Waterfront as well as entrance to the huge and inefficient surface parking lots located along Maine Avenue.

The proposal was presented by PN Hoffman's Shawn Seaman, Elinor Bacon, and a legal representative from Holland & Knight on behalf of HSW. The proposal to close the street was framed as a vital part of the development plan. Seaman cited the longer buildable lot parcels which will result without the bisection of Water



A view of Water Street from the 395 overpass looking Southwest.

Street.

He also stressed that the resulting structures can front on both the river and Maine Avenue, with their loading access in alleys behind the buildings. The completed project, Seaman assured, will actually benefit from more access than the current configuration.

Permanent closure of a street in D.C. is a long process, one which takes between 12 and 18 months to complete. Many different agencies must sign off first and the Historic Preservation Review Board has already approved: "since the portions of the streets proposed for closing do not contribute to the Plan of the City of Washington (L'Enfant Plan)." The process must go

Continued on Page 10

Government and Community Organizations

ANC 6D Monthly Meeting: As Seen from the Pew

By The Southwester Staff

Honoring a citywide ANC tradition, the meeting began with constituent time. Those who spoke were Donald Farrell, asking for any witnesses to his sister Geraldine's hit-and-run accident at M and Fourth streets, SW in August, and Melissa Rohan, who introduced herself as a local candidate for the Ward 6 school board position. Thumbs up to both of them.

A presentation by Arena Stage began a potentially contentious agenda. Desiree Urghart, Arena's Director of Government Relations and Corporate Development, gave the details of the Sixth St. SW closure, which will take place on Oct. 23 for the Homecoming Celebration. Provisions have been made for residents and rerouting of city buses. Urghart attentively listened to community concerns and ideas in order to address them.

Quite a different street-closing item was up next: the permanent closing of Water St. SW. Shawn Seaman, representing PN Hoffman, pre-

sented the plan (see article on page 1). The commissioners postponed a vote on the measure until next month's meeting and requested more documentation supporting the proposal.

Representatives of Forest City returned this month to ask for ANC approval of certain zoning overlay exceptions for the development of Parcel D in Southeast. The retail, office and residential building envisioned for the site got lots of attention at the September meeting when Forest City requested approval of an extension of their Planned Unit Development application. This month, they returned with a new proposal incorporating a couple of community suggestions for improvements to the design. The ANC then approved the plan despite previous objects to height and a proposed overhang of upper floors over the setback on M St., SE.

A welcome moment of respite came with an announcement from Up With People youth for their A Song for the World concert on Oct. 22 and Oct. 23 in Columbia Heights. The event benefits afterschool programs throughout the District.

A proposal to add the name "Banneker Memorial" to the L'Enfant Metro station name



Forest City's planned building for Parcel D on M Street, SE.

was addressed by Washington Interdependence Council (WIC) and other presenters. ANC Chair Ron McBee then read a letter sent to ANC 6D by Peter May, an associate regional director with the National Park Service, explaining the land that constitutes Banneker Park. In his letter, May states that the addition of the Banneker Memorial designation to the Metro station "would be inappropriate at this time," since the WIC's deadline to establish a memorial lapsed nearly five years ago.

Currently, part of the overlook (Reservation 719) is Banneker Park. This location, however,

has been rejected as a site for a memorial by the National Capital Memorial Advisory Commission, which suggested some other site within the L'Enfant Promenade instead. May also specifies that the implications that "the rehabilitation of the L'Enfant Promenade and construction of an intermodal transportation center...are imminent" are simply not correct. These implications were employed in the presentation to encourage the name change. In light of the obvious viewpoint of the National Park Service, commissioners did not vote on the proposal as made and also rejected a motion to approve the addition of the words "Banneker Park."

The meeting continued with an approval vote for a liquor license application for the charter Boomerang Boat.

Agenda no-shows included the Washington Nationals, who will propose a name addition to the Navy Yard Metro Station, and St. Paul's AUMP Church for historical landmarking (see article on page 3). Both will appear next month together with the Water Street Closing redux at the November meeting, to be held at the Courtyard by Marriott, 140 L St. SE at 7 p.m. on Monday, Nov. 8.

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Community Calendar

OCTOBER

MON. 25 7 P.M. Southwester Neighborhood Assembly Monthly Meeting, "Meet the ANC 6D Candidates", St. Augustine's Church, 600 M St., SW

TUES. 26 6:30 p.m. Peace in the Streets. Stop The Violence. Youth Speak Out! Westminster Presbyterian Church, 400 I St., SW

6 P.M. – 7 P.M. DC Consolidated Forensics Laboratory Community Outreach Meeting, 490 Second St., SW

FRI. 29 Ghost Ship Barry tours, Navy Yard, SE. Ages 12 and under, 6 p.m. – 7 p.m.; ages 13 and up, 7:30 p.m. – 9:30 p.m. RSVP required (202) 433-0280.

SAT. 30 1 p.m. Kitchen Table Book Group, *The Confessions of Nat Turner* by William Styron, SW Public Library 900 Wesley Pl., SW

1 P.M. Thinking About Jazz with award-winning author Nadine Cohodas discussing her book *Queen*, Westminster Presbyterian Church, 400 I St., SW

SUN. 31 HALLOWEEN

12 P.M. – 2 P.M. First District Police Department Halloween Party, 101 M St., SW.

NOVEMBER

TUES. 2 7:30 p.m. SW Chamber Players Concert, Saint Augustine's Episcopal Church, 600 M St., SW

WED. 3 7 p.m. Art & Spirit Coffeehouse, "Uplifting the Spirit: Songs of the Sacred and Secular" with Cantor Rosalie Bost, Saint Augustine's Episcopal Church, 600 M St., SW

FRI. 5 6:30 p.m. Potluck Dinner and Family Game Night, Saint Augustine's Episcopal Church, 600 M St., SW

SAT. 6 8:30 a.m. – 10 a.m. Start! Greater Washington Heart Walk sponsored by the American Heart Association, Nationals Ballpark, Half St., SE

SUN. 7 Jazz Vespers Concert, Christ United Methodist Church, 900 Fourth St., SW

MON. 8 7 p.m. ANC6D Monthly meeting, Courtyard by Marriott, 140 L St., SE

TUES. 11 8 a.m. – 9:30 a.m. Councilmember Tommy Wells office hours, Channel Inn, 650 Water St., SW

SUN. 14 11 a.m. Education Sunday Service, Westminster Presbyterian Church, 400 I St., SW

TUES. 16 7 p.m. St. Matthew's Lutheran Church Development Plans Announcement, Westminster Presbyterian Church, 400 I St., SW

SAT. 20 1 p.m. - 5p.m. Lifeline Harvest Festival, First Trinity Lutheran Church, 309 E St., NW

RANDALL NEIGHBOR DAY at the Corcoran Gallery of Art, free admission for ANC 6D residents, 500 17th St., NW

MON. 22 7 PM, Southwester Neighborhood Assembly Monthly Meeting, Proposed: "Expected Theme: Development Update in SW/SE", St. Augustine's Church, 600 M St., SW

THURS. 25 THANKSGIVING

10 A.M. Thanksgiving Day Service, Saint Augustine's Episcopal Church, 600 M St., SW

WED. 27 6:30 p.m. – 8:30 p.m. Ward 6 Town Hall meeting with mayoral candidate Vince Gray, Atlas Performing Arts Center, 1333 H St., NE

SUN. 28 11 a.m., Advent Study, Saint Augustine's Episcopal Church, 600 M St., SW

DECEMBER

WED. 1 7 p.m. Art & Spirit Coffeehouse, "Sing a Song of Christmas" with Joyce Bouvier, Saint Augustine's Episcopal Church, 600 M St., SW

WEEKLY, BIWEEKLY

THE KIWANIS CLUB OF SOUTHWEST WATERFRONT, Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. – 7:30 p.m.

THE SOUTH WASHINGTON WEST OF THE RIVER FATHERHOOD PROGRAM, St. Augustine's Church, 600 M St. SW, Tuesday and Thursday evenings. For more information, call Alphonso Coles at (202) 870-1885.

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m. – 2:30 p.m., St. Augustine's Church, 600 M St. SW. Contact Willie Mae Stukes, sewing teacher, at (301) 445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Mondays, except for July and August.

SOUTHWEST RENEWAL AA, Alcoholics Anonymous group, Mondays, 8:30 p.m., St. Augustine's Church, 600 M St. SW, (202) 554-3222.

SW FREEWAY NA, Narcotics Anonymous group,

Wednesdays, 7 p.m. – 8 p.m., Westminster Presbyterian Church, 400 I St. SW, (202) 484-7700.

AARP-SOUTHWEST WATERFRONT CHAPTER 4751, Third Wednesday of each month, except for June, July and August, River Park Mutual Homes community room, 1311 Delaware Ave. SW. For further information, contact Chapter President Elger Offutt at ee.offutt@comcast.net or (202) 285-4677.

HAND DANCING CLASSES, Jitter bug, lindy hop. Saturdays, 12 p.m. – 1 p.m. Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8 – 17. Christ United Methodist community room off Wesley Pl., SW.

CHESS CLUB, SW Library main room, 900 Wesley Pl., Wednesday 7 p.m. – 9 p.m. For all levels, even beginners.

BLUES MONDAYS, 6 p.m. – 9 p.m. Various blues musicians and singers featured each Monday, \$5. Food for sale.

WELLNESS WEDNESDAYS, 4 p.m. Seated Yoga and Healing Sessions (Pamela Wilson and Riva Wine). 5:30 p.m. Laughter Yoga (Claire Trivedi). 7 p.m. Sampoorna Yoga (Alex Rosen). Free with donations welcome.

JAZZ NIGHT in SW, Fridays, 6 p.m. – 9 p.m. Various jazz musicians and singers featured each Friday, \$5. Food for sale.

THE SOUTHWEST NEIGHBORHOOD ASSEMBLY, Monthly public meeting every fourth Monday at 7 p.m. St. Augustine's Episcopal Church, 600 M St. SW

WASHINGTON STAMP COLLECTOR'S CLUB, 7 p.m. – 9 p.m. First and third Wednesday each month. Buy, sell, trade, and sell stamps. Refreshments, auctions, and programs. Christ United Methodist Church, 300 block I St., SW (202) 291-6229.

SOUTHWEST FOREIGN POLICY DISCUSSION GROUP, 7 p.m. 2011 topics are: **Rebuild Haiti**, **U.S. National Security**, **Horn of Africa**, **Responding to Financial Crisis**, **Germany Ascendant**, **Sanctions and Non-Proliferation**, **the Caucasus**, and **Global Governance**. Tuesdays in 2011: Jan. 25, Feb. 15, Mar. 8, Mar. 29, Apr. 19, May 10, May 31 and Jun. 21. Meetings will take place at River Park Mutual Homes. For information, to order the 8-topic study guide (\$20) and to reserve a space for 2011, contact Coralie Farlee at (202) 544-4407 or cfed13@yahoo.com.

Please submit calendar items for November events by e-mail to thesouthwester@yahoo.com by October 17, 2010.

Saint Paul AUMP Church Nominated as Historic Landmark

By Tiffany Klaff

In an effort to honor the rich tradition of African American churches in our area, the congregation of Saint Paul African Union Methodist Protestant (AUMP) Church and the D.C. Preservation League jointly submitted an application to the D.C. Historic Preservation Review Board to designate the property as an historic landmark.

Located at 401 I St. SE, Saint Paul AUMP has remained the home of the same congregation for more than 85 years. It is the only church in the District of Columbia evolved from what is considered the oldest incorporated independent African American denomination in the country. The African Union Methodist Protestant Church, founded in 1805 by former slave Peter Spencer, was incorporated in 1813, some three years before the better-known and larger African Methodist Episcopal (AME) Church. The Washington congregation that became St. Paul AUMP began as a prayer group in 1900, two decades before the current building was constructed in 1924.

The church designer, R.C. Archer, Jr., was the District of Columbia's second licensed African American architect, and at the time one of about only 60 African American architects licensed in the United States. Archer's career spanned four decades, but he was most distinguished for his church designs. Saint Paul AUMP, reflecting revival architectural style, was both his first important local commission and his first church designation in Washington.

An outstanding example of an African American house of worship built by its working class



St. Paul's historic church, newly framed by the townhouses of Capitol Quarter. Photo by David Garber.

congregation, the church's modest scale reflects the circumstances of its surrounding neighborhood while at the same time its design embodies the congregation's pride. The Incorporation of classical architectural elements characteristic of larger houses of worship, Saint Paul AUMP features pointed arched window openings, a turret, a parapet wall and variegated brick suggestive of stonework.

Saint Paul AUMP is one of the few surviving buildings that survived the large-scale demolition and rebuilding in the area during the 1950s. It is also the only church from the predominantly African American community that developed in the industrial area between Capitol Hill and the

CHURCH

continues on page 11

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ANC 6D-05

Residents of: Carrollsburg a Condominium, Carrollsburg Square, River Park, St. James, Ft. McNair & Buzzard Point (South of S St./West of Half St.)

Please vote for Roger Moffatt

Paid for by Roger Moffatt for ANC 6D05, Summary Financial Report to be filed with DC OCF

Breast Cancer Survivor Gives Back

By Southwester Staff

When Thelma Jones was diagnosed with breast cancer in June 2007, she was frightened, confused and overwhelmed with all that's associated with a cancer diagnosis. Turning a challenge into an opportunity, Jones immediately committed herself to helping other women navigate the maze of a breast cancer diagnosis. Her focus would be on women of color who Jones says "are disproportionately affected by breast cancer. Breast cancer is a challenging and complex disease and no one should have to go through a cancer journey alone."

Rarely shying away from an opportunity to help others and herself, Jones recently accepted a part-time position as a breast care community navigator with the Smith Farm Center for Healing and the Arts, a local nonprofit health, education and creative arts organization that has served residents of Washington since 1996. At the core of Smith Farm's work is the belief that each of us harbors enormous powers of healing within. Smith Farm provides an array of integrative programs on health-supportive nutrition, creative expression, personal reflection, stress reduction and other healthy activities that enhance emotional, spiritual and physical well-being.

The Smith Farm's Breast Care Community Navigation Program is supported by a grant from the Susan G. Komen for the Cure organization and targets women of color. The focus on women of color is one of the motivating factors in Jones accepting the position. She is pleased that her work as a navigator will not

only complement her American Cancer Society (ACS) experience but also will afford her an opportunity to use her community outreach experience and vast network to serve a historically neglected neighborhood.

Jones began her assignment in October, Breast Cancer Awareness Month, and will maintain weekly office hours at Union Temple Baptist Church in Southeast Washington, D.C. As a navigator, she will receive extensive training that will enable her to help empower women with the skills and tools necessary to maintain their health; connect women to community resources that support health and well-being; educate and inform women on breast health, cancer prevention and wellness; and facilitate access to breast cancer screening and treatment.

"I want to help make Union Temple and the community at large a beacon of hope for every woman so that through early detection, they will avoid much of the fears and challenges that I experienced with my breast cancer diagnosis," Jones asserted. "I believe that my training and experience with the ACS and personal experience as a breast cancer survivor will help to achieve this goal and bring value to my work as a Smith Farm navigator," said Jones.

"Thelma Jones will be perfect for the job," said Carole O'Toole, Director of the Smith Farm Patient Navigation Program. She came highly recommended to us by current navigators, and she brings a mix of passion, personal experience as a survivor and know-how to a challenging and complex role which is ultimately aimed at saving lives. We look forward to welcoming her aboard."



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Development

■ Many residents are wondering if the foundation work being done at the old Safeway site on Fourth St. SW means that Phase Two of the



Foundations for underground parking near Safeway.

Daily Developments

By Glenn Favreau

Waterfront Associates project will soon begin. ANC 6D officials have confirmed that the foundations are being laid for a section of shared underground parking, though no above ground construction is imminent. The subsequent phases of the old mall property redevelopment are on hold and awaiting financing.

■ The unsightly temporary trailers on M St., which housed CVS during construction of 1100 Fourth St., SW have been moved. They now rest in the back of the adjacent lot, presumably awaiting removal. The remaining trailer will

house Bank of America at least until the end of its lease in December 2012.

■ Shawn Seaman of PN Hoffman, speaking at the last ANC 6D meeting, told the community that Waterfront nightclub Zanzibar will soon close. Seaman also addressed rumors that St. Augustine's Church had sold its property to the developer of the Waterfront. He affirmed that his company is in negotiations with the church, but that no signed agreement has come so far.

■ The eastern portion of the Yards Park in Southeast opened last month, consisting of

a boardwalk extension reaching the gates of the Navy Yard and a peaceful area of trees and benches by the water. More work is being done at the park and connections will later be made to the developed areas of the Yards project adjacent to the park.



CVS trailers raised by a crane off of M St.

St. Matthew's Lutheran Church Announces Community Meeting to Share Development Plans

St. Matthew's Lutheran Church, 222 M St., SW, has announced plans to hold a community meeting on Tuesday, November 16, 7 p.m. at Westminster Presbyterian Church to share their plans for the new church building, the Thurgood and Cecilia Marshall Southwest Community Center and apartment complex.

At the beginning of this year, St. Matthew's partnered with Thrivent Financial for Lutherans to secure the funds necessary for design and architectural work that will allow them to move through the Planned Unit Development (PUD) phase. St. Matthew's and its development partners, Trammell Crow Company and CSG Urban Partners, have hired Shalom Baranes Associates to lead the design efforts for the project. Shalom Baranes and Associates have been active in development in Southwest as designers of the new Fourth St. complex that opened earlier this year. Having their expertise and recent experience with the PUD process is already proving very helpful as the church considers decisions related to its application.

The Rev. Phillip Huber, Pastor of St. Matthew's said, "I can't tell you how good it feels to be moving forward on our project. I am grateful for the steadfastness and the perseverance that members of our congregation have shown over these past months and years towards our goals as a congregation. We have never wavered from our belief that God continues to call us to vital and significant ministry in Southwest Washington, D.C." In reference to the upcoming community meeting, Pastor Huber said, "It has always been important that the community hear directly from us about our plans to enhance life in Southwest. We look forward to a conversation with our neighbors about the plans we have developed thus far. We are certainly glad to be a part of the renaissance that is happening in Southwest."

St. Matthew's continues to think of ways to use its property in service to the community as they continue their efforts to rebuild. Throughout the summer St. Matthew's has hosted a community gardening project on its lot. Nearly 20 gardeners have participated in the project, producing fresh vegetables for summer and early fall enjoyment. The congregation again this year will provide Christmas trees to the community at a much reduced cost—their goal is to break even. Sales of Christmas trees will begin the first weekend in December.

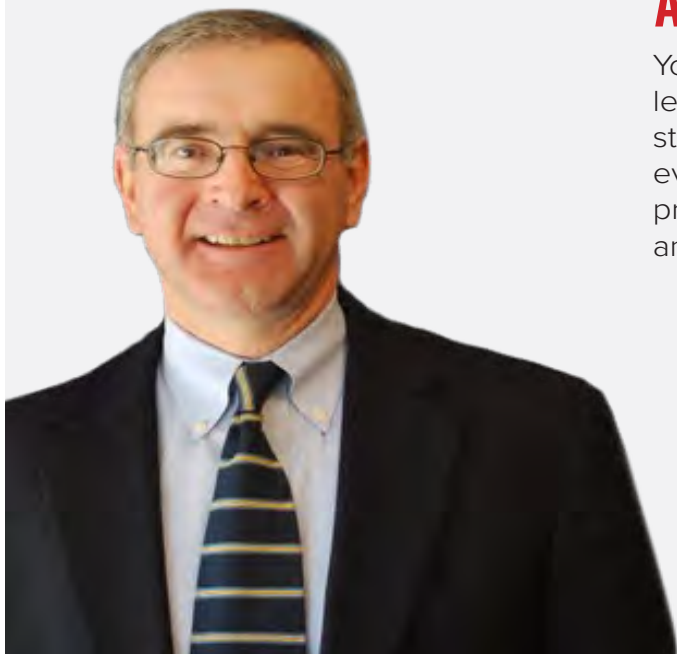
If you have an idea for how St. Matthew's lot can be used for service in the community, please contact the congregation to share your ideas at (202) 484-3189.

JIM DEMARTINO

DC COUNCIL WARD 6

Jim DeMartino isn't a career politician - he's a political outsider. And just like many of you, he's looking for something different from his leaders too.

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Health and Fitness



By Derrick Inglut

Performance Enhancing Drugs Hard to Detect

I was eating lunch in the break room the other day when another trainer walked in and opened the mini fridge, presumably to get his food. Within a few minutes, he had ripped apart nearly everything in the fridge and tossed it to the floor.

I couldn't help but wonder, "What in the world is this guy so upset about?" After a pause I looked at him and asked if another trainer had eaten his lunch. The answer he gave me was unexpected.

"I can't find my GH (Growth Hormone)," he said. "Did you see it? It was wrapped in a napkin and is about yay big. That stuff's expensive, I hope no one took it." Within a few minutes, he realized that there was nothing to worry about; his syringe was lying on top of the fridge after all.

I acted as if it was no big deal, even though I thought it was. He then sat down next to me and continued to carry out a conversation as if nothing had happened. I listened, though slightly upset. This was the very kind of person who has halted my hopes of fairly winning any real bodybuilding competition. Even if I enter a "natural" show, I'm still in uncharted territory because there is no reliable way to test for HGH (Human Growth Hormone) and insulin abuse.

Additionally, much of the testing criteria in "natural" shows are lax. Most shows consist of a polygraph (lie detector) test and a written honor statement about a day or two out, which means contestants can pump themselves full of diuretics hours before the event. Even though winners are tested again via more accurate means, there are still many ways for an athlete to cheat.

You see, testing for anabolics is expensive – very expensive. It's actually the most expensive drug test you can order. When I had mine done for my "ripped in 28 days challenge" (see trainwithderrick.com for details), I could not find a single provider offering it in the D.C. area. I called every drug testing company in the phone book and soon turned to Google. After about an hour of searching, I finally found a company in Florida who offered it at a whopping \$210. They directed me to go to Quest Diagnostics in Virginia to submit a urine sample, which would then be sent to their testing laboratories in Las Vegas.

I went to Quest, where I was put in a room

by myself and told to produce a sample with no supervision. Nobody even stood by the door while I did my thing. I peed in a cup and had to hunt down the nurse, who told me where I could find her when I was done.

"Really?" I asked myself. "Is this how it goes down? Is this what the rest of the world has to do?" Even if the nurse were to stand by the door, there are now devices you can wear that look like male genitals and actually omit a urine flow at proper temperature. You just can't win.

After about three weeks, I got my test results back in the mail showing I was 100% free of marijuana, cocaine and other narcotics. I immediately called them back letting them know they had tested me for the wrong type of drugs. They apologized and within an hour, sent me back some haphazardly typed-up document saying I was free of illegal steroids.

After another call back, I finally persuaded them that I needed a complete list of what substances I was tested for, and any other official documentation. It arrived about a week later, but by then I questioned if they even still had my urine sample to perform that second test.

Other major obstacles involve the inability to accurately test for two powerful and highly abused chemicals HGH and insulin. HGH is not a steroid, but a hormone produced by the pituitary gland in your brain that holds the key to cell renewal, lean muscle gains and even youth itself (check my "Fountain of Youth Discovered?" article on my website for details). Its abuse in just about every sport is overwhelming. Most Americans don't have a clue just how many of their fellow gym-mates are using performance enhancers.

Even if you compete in a drug-tested event, HGH supplementation is very difficult to detect largely because synthetic HGH looks identical to the naturally-produced substance. Additionally, similar to insulin, HGH (and its powerful derivative IGF-1) levels are never stable in the body: They fluctuate greatly throughout the day and even more so at night, making it difficult for testing officials to pinpoint an exact trigger level for doping.

In one recent study, scientists measured IGF-1 levels in the blood of 10 adult males during three different times of day. Not only did their IGF-1 levels differ widely throughout the day, but the same samples that were measured at one hour

differed in IGF-1 concentrations when they were measured again only a couple hours later. This gives us reason to believe that IGF-1 levels can fluctuate greatly with just small differences in time or environment.

I think this is what has ultimately held me back from competing in bodybuilding. I've always wanted to do a show, but I'm not going to waste six months of hardcore diet and exercise to enter a show until there's a way to test for all the known

performance enhancers. However, to those who do compete in natural shows and tested events with integrity, you have earned my ultimate respect. You will lead, and, in time, others will follow.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His brand new website is trainwithderrick.com.

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Free HIV Testing with a \$15 Incentive

By Grace E. Daughtridge

To address the spread of HIV and AIDS, on October 4 Washington, D.C. began offering free HIV testing at the Department of Motor Vehicles (DMV) Penn Branch office location at 3220 Pennsylvania Ave., S.E. The year-long program offers up to \$15 in compensation for participants with DMV service expenses such as license renewals and provides counseling and medical attention if needed. The DMV will give a rapid oral test in a confidential space during business hours Tuesday through Saturday, with results disclosed only to the person tested. Results are available in 20 minutes. Early HIV diagnosis significantly improves quality of life, especially if detected while the individual is still healthy and can obtain medical care straightaway.

A 2008 health report concluded that more

than three percent of Washington, D.C. residents have HIV and AIDS, a higher rate than in West Africa and on par with Uganda and parts of Kenya. According to the Whitman-Walker Clinic, the number of residents living with HIV in Washington D.C. is closer to five or six percent. The Centers for Disease Control and Prevention currently estimates that more than one million Americans have HIV and up to one third of those individuals do not know it. Washington, D.C. has a high rate of expected new AIDS cases, 12 times the national average. In the United States someone under the age of 25 is infected with HIV every 30 seconds.

The new and first-of-its-kind public and privately funded DMV HIV testing program at the Penn Branch office strives to remove the stigma of testing and further reduce rate of infections by offering easy, convenient, discreet and free HIV testing as well as immediate medical attention.

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2010 ANC and School Board Election Guide

On Nov. 2 voters throughout the District will head to the polls to decide, among other things, who will next serve on Advisory Neighborhood Commissions and the State Board of Education. We urge Southwest and Near Southeast residents to cast their votes for these vital community positions. To find your polling location visit www.dcboee.us or call 1-866-DC-VOTES.

Our area will be concerned with ANC 6D, made up of seven elected commissioners, with each representing a single-member district highlighted in different colors on the map to the right. Residents can only vote for candidates running in the single-member district in which they live.

Commissioners are unpaid volunteers tasked with passing on input to the government regarding a variety of community issues such as the District's annual budget, liquor licenses, parking, recreation, sanitation, street improvements, traffic and zoning. On the following pages are statements, submitted by the candidates and color-coded according to their jurisdiction. Incumbent candidates are marked by a circle.



BOB CRAYCROFT 6D01

My objective is to represent residents as multiple redevelopment projects impact our neighborhood simultaneously: Fourth Street, Arena Stage, Waterfront, and 10th Street Corridor. Many residents know me as the founder of Neighbors of Town Center West Park. I hold BS and MBA degrees in Business Administration and work for a trade association representing leisure real estate development. My family is originally from Prince George's County; I have lived in Southwest since moving to Washington in 1999.



ANDY LITSKY 6D04 •

Andy Litsky has been a resident of Southwest since 1977 and an ANC commissioner for six terms. Representing the residents who live adjacent to the Southwest Waterfront as well as the liveaboards who reside at the Marina, he's committed to ensuring that new development creates a lively, accessible and commercially vibrant community while preserving and enhancing the unique residential character of our neighborhood.



KATHLEEN HOPPE 6D02

As a resident ANC 6D02 since 1994, my goal is to work together with residents toward a safer, healthier community. Professionally, I am a Gulf War veteran-captain Army Nurse Corps and a retired mental health and school nurse-Amidon and other DC schools. I have experience working with DC agencies-fire, police, DC commission on mental health-child and youth services. My education includes a master of science in nursing-psychiatric nursing-Yale University and bachelors in nursing-University of Rochester. I am ready to let our work together begin.



CARA LEA SHOCKLEY 6D02

I first moved to DC when I was two, and to Southwest DC in February of 2008. I was involved in founding a tenant's association for my apartment complex, and now act as the association's Vice President. I also serve on the Alcohol Beverage Committee for ANC 6D, a position which has given me insight into the wider community and its needs. This neighborhood is unique, and I would love to serve as its commissioner.



GRACE E. DAUGHTRIDGE 6D05

Graduate American University BSBA, member of SWNA where I initiated a task force to promote employment of residents. Native Washingtonian, Southwest resident, and small business owner, I re-established Southwest's Japanese elm G Street, DC's 11th largest tree, as historic ensuring maintenance by Urban Forestry Administration and as community project organizer for Casey Trees planting at Carrollsburg Square with 28 trees on M, N, Fourth streets and Delaware. Committed to securing creating benefits for all Southwesters.



ROGER MOFFAT 6D05 •

Living at same Southwest address 20 years, I was first elected in 1996, and have served in every officer position. As Chair, I added presentation meetings, dramatically increasing time for folks to ask questions. I pushed for community meetings that produced the Community Benefits Coordinating Council. I championed committees comprised of constituents, fought to protect residential parking, and demanded M Street setbacks. Please Vote to Keep Experience at Work for YOU! Vote for Roger Moffatt.

No photo submitted by candidate.

CARL L. BARNES, SR. 6D06

No statement submitted by candidate.



MARK DRISCOLL 6D06

I love the District. While it's already a wonderful place, I also recognize the potential for so much more. As a member of the ANC, I will solicit opinions from and share information with my neighbors. I will represent the needs of 6D06 in every interaction I have, every day. I will make sure people know that Southwest DC is not only the perfect place to call home, but is getting better every day.



RHONDA HAMILTON 6D06 •

I believe that everyone needs help from time to time regardless of his or her circumstances. I have committed a great deal of my time to volunteering in my community and, I will continue to give back to the residents in Southwest. I am proud to serve my community. A Vote for Rhonda is a Vote for a strong community.



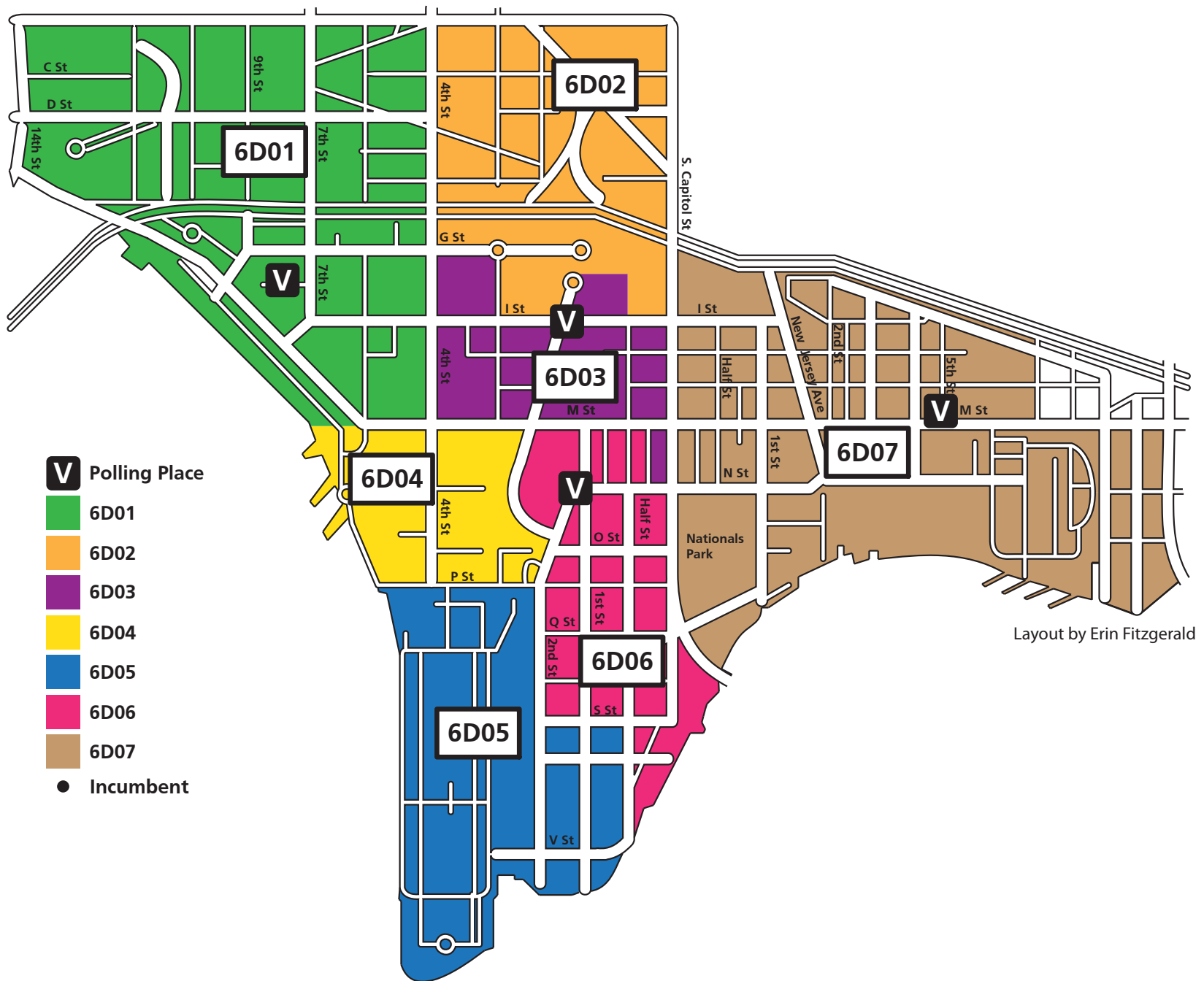
RON MCBEE 6D03 •

I am the current chair of the Commission. As a citizen activist I serve on a number of Boards and community organizations. I will continue to be a strong and tireless advocate/leader for improving quality of life issues as: crime free community; more neighborhood retail; outdoor cafes; playgrounds; employment opportunities; improving pedestrian safety; good development; and "listening to you on how we can make Southwest a better place to live for all."



MARY C. WILLIAMS 6D03

I am an 11-year Southwest resident and former ANC who understands the unique needs of our diverse community. As a volunteer and civic activist, my primary focus has been on education, public safety, and resident-friendly development. I am a former journalist and experienced lawyer, knowledgeable and dedicated leader, not just a representative. I will continue to work to insure that Southwest becomes one of this city's most livable and enjoyable neighborhoods.



DAVID GARBER 6D07

Our neighborhood has too much potential for it develop without a conscientious representative asking the right questions, demanding good design and safe streets, and being supportive of businesses that want to open and thrive here. Living in a developing neighborhood, we're all in this together. As commissioner, I will be a positive supporter and encourager of changes and improvements that matter most: more amenities, safer streets, and new development that looks great and functions well.



ROBERT "BOB" SIEGEL 6D07 ●

Lived in my neighborhood for 31 years. Retired Registered Nurse. I have concentrated on public safety, city planning and especially monitoring residential complaints for 12 ANC years. I am always reachable. This position is a full-time job. A leader in multiple local organizations. I communicate and arbitrate well. I represent the interests of my constituency. Opponent Garber has no qualifications, nor any political and local community resume. Re-elect ROBERT "BOB" SIEGEL for a Livable Walkable City.

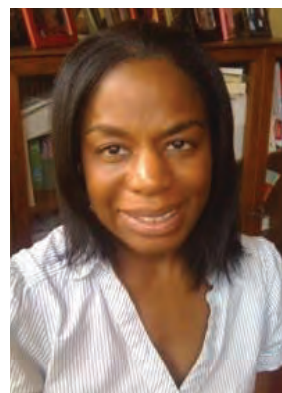
D.C. State Board of Education Candidates

On Nov. 2 residents of Ward 6 have the opportunity to vote for one of two candidates running for D.C. State Board of Education. The Board is responsible for approving state academic standards, high-school graduation requirements, the state accountability plan for D.C. developed by the chief state school officer, policies for parental involvement, rules for residency verification, list of charter school accreditation organizations, categories and format of the annual report card, and list of private placement accreditation organizations. Below are candidate-submitted statements for State Board of Education.



MELISSA ROHAN WARD 6 SCHOOL BOARD

I support strong traditional public schools and public charter schools which give parents and students educational options. Many Ward 6 ANC Commissioners, as well as, DC Parents for School Choice and Women Under Forty PAC support my campaign. I am involved in a local public charter school, a preschool, and a middle school program. I taught ESL in Miami and DC. My husband and I are raising a family in Southwest. Learn more at www.MelissaRohan.com.



MONICA WARREN-JONES WARD 6 SCHOOL BOARD

As a Board Member, my goal is to ensure that our public and public charter schools are first choice options by continuing the education reform currently underway in the District. As a 12 year resident, DCPS parent, and community development professional, I am committed to eliminating the achievement gap and ensuring that DC students have the best possible school environment including outstanding principals, effective teachers, and rigorous academics that prepare them for college and beyond.



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✓ ROGER MOFFATT

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For ANC 6D-05

- Organized ANC Committees
= Greater Community Input in Decision Making
- Created ANC Presentation Meetings
= More Time for EVERYONE to Ask Questions
- Contributed to Urban Land Institute Study
= 4th Street Open & Alive w/ More to Come
- Worked on TOPP & RPP (Parking Plans)
= Play Ball w/ Protected Zone Parking for YOU!
- Served on Ward 6 Juvenile Task Force
= Effective Truancy Legislation by CM Wells
- Owned & Lived 20 years--Same SW Home
= 2 Decades of Expanding Citizen Participation

**On Nov. 2nd -- Please Vote to
Keep Experience at Work for You!**

Vote ✓ ROGER MOFFATT

Paid for by Roger Moffatt for ANC 6D05, Summary Financial Report to be filed with DC OCF

High-Tech Southwest

By Raymond Schillinger

Three Online Resources for a Tough Economy

The economic recession has forced all of us to tighten our belts in one way or another. Thanks to the Internet, however, there are many readily available tools that can save you money and help you through these tough times.

Here are a few of the best online consumer resources worth checking out:

SlickDeals (<http://www.slickdeals.net>) - Are you a savvy, coupon-clipping shopper? If so, then *SlickDeals* is your online paradise. Its home page greets visitors with a list of the most recent "frontpage deals," which are highly popular product discounts or promotional offers discovered by other users. If you are looking for a deal on a specific item, use the keyword search tool to peruse the extensive user-supported forums. From cheap fares to furniture and electronics, *Slickdeals* can help you find a deal on just about anything.

The Consumerist (<http://www.consumerist.com>) - Knowledge is crucial to staying afloat in these difficult times. For an excellent guide to the latest news and consumer tips, visit *The Consumerist*, a blog authored by the same folks that publish *Consumer Reports* magazine. Recent topics include everything from preventing bedbugs to safeguarding your income. With nearly 30 new articles published daily, you'll certainly encounter something relevant and useful to your daily life every time you visit the site.

Groupon (<http://www.groupon.com>) - If you haven't already heard, Groupon (and its competitor, *LivingSocial*) is one of the latest and hottest new Internet trends to hit the D.C. area. Simply submit your email address on their website and you'll receive a free notification of the "Daily Deal," a coupon that you can purchase in exchange for major savings at local restaurants and countless other retailers. As far as *Groupon* goes, the sky's the limit, literally. One recent *Groupon* offered a discount for skydiving lessons.

Good luck and happy deal-hunting!

Raymond Schillinger is a technology consultant and the author of a tech-themed blog at www.technosophe.com. Have a tech question? Email techcorner@technosophe.com and your question could appear in a future column.

Reality Check:

Caring for Your Peeps – Make It Legal

By Essita Duncan

Many of us have said "if my loved ones gets sick or can no longer care for themselves, I would not put them in a home. I would bring them into my home and care for them myself." Sounds nice, right? Not so fast... you have you put it in writing in order to make your desires to care for your loved ones legal.

It is safe to say that no one can predict when a loved one will die or become incapacitated. It can happen suddenly, without any warning. Because of this, it is critical for caretakers and those who may become caretakers to plan in advance for such situations. As a caretaker, there may come a time when you will need to make medical and/or financial decisions because your loved one is no longer capable of making these decisions. Wouldn't it be nice to make these decisions based on your loved one's desires rather than playing a guessing game that could greatly affect his or her life or finances?

For those of us who do not want to play Russian roulette with another person's life, the loved one in your care can give you the authority in advance to make both financial and medical decisions on his or her behalf. Advanced planning can not only take the pressure off of the caretaker but can also provide your loved one with peace of mind by having had the opportunity to express his or her wishes.

We all have preferences for what we would like to see happen with regard to our health, family, finances and material possessions. A will specifies how an individual's assets should be handled after death. Through the use of the power of attorney, a living will and medical directives, our loved ones can spell out their desires in case they become incapacitated or terminally ill and also can appoint somebody to act on their behalf. Preparation is key; legally binding documents must be drafted and executed while an individual is still competent.

This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at eduncan@duncandefense.com

Southwest DC, remember to vote again on November 2nd!

**Let's continue our work to build a livable
and walkable city.**

**I'm proud to be your Democratic nominee
for Ward 6 Councilmember and appreciate
your support.**

**Early voting begins in the Ward on October
23rd and I look forward to seeing you at
the polls. If you can't vote early, remember
that traditional Election Day is Tuesday,
November 2nd.**

"Tommy Wells rocks!" - The Washington City Paper,
September 9, 2010

"Tommy Wells gets the nod... Wells is a strong
advocate for Ward 6." - The Washington Informer,
September 9, 2010

"Tommy Wells has emerged as the council's leading
advocate for new approaches to transportation
and the environment.... He is smart on education
issues." - The Washington Post, September 2, 2010

RE-ELECT COUNCILMEMBER

Tommy Wells

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www.TommyWells2010.com

Paid for by Re-elect Tommy Wells David Sheldon, Treasurer A copy of our report is filed with the Director of Campaign Finance

Arts and Culture

Cantor Rosalie Boxt Presents "Uplifting the Spirit: Songs of the Sacred and Secular" in November Program at St. Augustine's Art & Spirit Coffeehouse

By Elaine Graves

Cantor Rosalie Boxt will sing in English and Hebrew, accompanying herself on guitar for "Uplifting the Spirit: Songs of the Sacred and Secular," the Wednesday, November 3 program at St. Augustine's Episcopal Church's Art & Spirit program at 7 p.m. The free evening in the church at 600 M Street, SW includes coffee and desserts, followed by a Q&A with the audience facilitated by Michael Mack.

Rosalie Boxt currently serves as Cantor of Temple Emanuel in Kensington, Md., a 520 family congregation just north of Washington D.C. She works as a professional team with Rabbi Warren Stone and Educator Dr. Itzik Eshel.

She was invested Cantor from the School of Sacred Music of the Hebrew Union College – Jewish Institute of Religion in New York in 2001. Before entering Cantorial School, she worked for the Youth Division of the Union for Reform Judaism (URJ) as an intern for the North American Federation of Temple Youth



Rosalie Boxt with her guitar.

Programs (NFTY) in Israel as well as the College Education Department. Originally from St. Louis, Mo., she attended the University of Pennsylvania as a Jewish Studies major with a Theatre minor.

She is currently a member of the Synagogue 3000 Leadership Network, and is also a Partner in the Kalsman Institute on Judaism and Health.

She continues to work with the URJ Youth Division on camping and college programming. She also serves as faculty for both the URJ Programs such as Hava Nashira and the URJ Summer Adult Learning Kallot.

She and her family live in Rockville, Md.

The Southwest Episcopal Church's Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists as they share how their faith, art and social worldview intersect, according to the Rev. Martha Clark, Priest-in-Charge at St. Augustine's. Donations will help provide honoraria for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

SW Resident Carol Huh is Curator of new Exhibit at the Smithsonian Sackler Gallery

Carol Huh, a resident of Southwest, recently curated the Smithsonian Sackler Museum's first major presentation of Fiona Tan's work to be shown in the United States.

In *Rise and Fall*, Tan explores the power of image, past and present, through her unique conceptual and aesthetic approach. She melds images from old photographs, a 17th-century Dutch painting or 19th-century architecture, using cutting-edge photography and video installations to create evocative art.

Huh explains that while Tan's art is grounded in her personal biography (she was born in Indonesia and now lives in Amsterdam), "her concerns are universal: the relationship between culture, place, and identity; the experience of time passing and the role of memory in our lives."



Curator Carol Huh presenting a gallery talk on the Fiona Tan *Rise and Fall* exhibit at the Smithsonian Sackler Gallery. Photo by Perry Klein.

The exhibit continues to January 16, 2011 and will include a program of talks, films, musical performances, and tours.

For more information about upcoming programs, see www.asia.si.edu

Southwest Chamber Players Announces Program For All Souls Day

Although not particularly significant in the Christian church calendar, Tuesday, November 2, is All Souls Day. Coming as it does on the heels of Halloween (October 31) and All Saints Day (November 1), it ought to be a rather somber day. In taking note of the date, the Southwest Chamber Players are planning a secular program that honors the day's sentiments.

The program will feature the familiar Lennox String Quartet, consisting of Southwester Cecile Jones as first violin; Joyce Rizzolo as second; Robert Huesmann on viola; and Jan Timbers as cello. Their offerings will be two masterworks of the quartet literature, Mozart's K575 quartet

in D major and Dvorak's op. 51, in E-flat major. Both of these are spectacular examples of the genre, and the Lennox strings have performed exceptionally on the Southwest series.

The quartets will be preceded by another pair of far smaller masterworks by Franz Schubert, his "Litanei" for All Souls' Day and his "An Die Musik" ode to the art of music, performed by Joyce Bouvier, soprano, and David Ehrlich, piano.

This concert, the SWCP's 155th, will take place at Saint Augustine's Episcopal Church, Maine Ave. and Sixth St., beginning promptly at 7:30 p.m. Admission is free, although contributions are gratefully accepted.



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Pizza also featured – no extra charge for toppings

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Spiritual Life

Education Sunday Service: A Celebration of Local Schools at Westminster

Westminster Presbyterian Church is pleased to invite Amidon-Bowen Elementary School, Jefferson Middle School, and the local community to an Education Sunday service on November 14 at 11 a.m. The celebration is an annual service to recognize the importance of the education of our youth and the quality of our schools.

Westminster joins the National Education Association (NEA) in celebrating American Education Week from November 14–20 and echoes the theme “Great Public Schools: A Basic Right and Our Responsibility” by supporting the efforts of the Near SE/SW Parents and Neighbors for Education Excellence Now.

As in the past, the principals and members of

each school community are invited to participate in the service. Westminster will include in the service each school's chorus, choir, instrumental group or choral readers as our congregation celebrates our schools and students.

During the service, each school will be recognized with a presentation and a Westminster Scholarship will be awarded to a student who is attending an accredited college or other post-secondary institution.

The Westminster community is pleased to assist everyone to plan their participation in this important event.

Diane Ford and Patti Macie, Westminster Education Committee, Elder Iden McCollum, Chair.

Closing

From p. 1

through a D.C. Council vote, mayoral signature and the requisite period subject to Congressional layover.

The closure would be a “paper closure” until 2012, when construction begins on the project. At that time, the closure would be phased with the project, subject to access easements. During Phase 1, Water St. will be physically closed from Seventh to Ninth streets with the portions of both of these streets remaining intact and functioning.

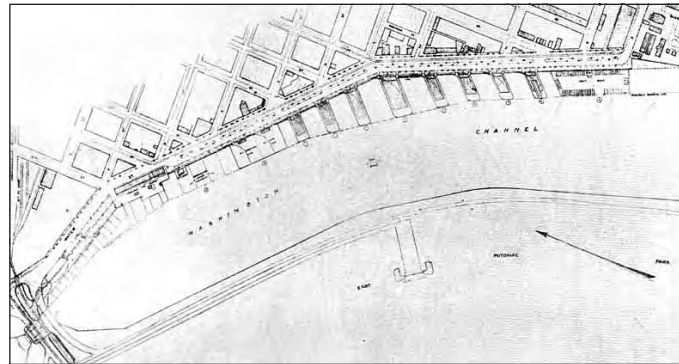
In Phase 2, Water St. will be closed from Ninth St. to the Case Bridge, with all of the Phase 1 servile streets and that new portion of the Warf operational. Phase 3 will have both previous phase work operational and Water St. will be closed from Seventh St. to the Titanic Memorial with designated access for police and firefighters.

Once the street is closed on plat, the land will revert from the center line to the adjacent landowner.

The commissioners at the meeting reacted with general support, but cited the need for additional documentation of the phasing process, of the easements and of overall traffic studies in order to safeguard community interests. Developers promised to return for the November meeting with the requested paperwork.

While the closing of any street which resi-

dents have become accustomed to brings certain emotions to the forefront, it also signals a certain inevitability of the Waterfront redevelopment. Residents who attended the ANC meeting brought up thoughtful points for clarification. While Water St. provides much-needed access to the Waterfront, there seems to be a plan in place to retain that access. Since the street is capped at



An early plan submitted to Congress to redevelop the Southwest Waterfront in 1929. A widened Water St. (today's Maine Ave.) was planned along with the creation of six wharves. It was never implemented. Photo LOC.

both ends, there should be no traffic effect on Maine Ave., SW as a result of the closure.

Concern was expressed for those streets extending into Water St. and the petition does include the small portions of Seventh, Ninth and N streets and M Street Place (official map names, not commonly used). But the only portions which will be demolished are those which will later be built up. The pedestrian areas of any minor street portions in the current park will remain in the future park.

Soon after this process goes through the ANC, the Planned Unit Development process will begin. HSW will certainly be present at many more ANC meetings. The ANC agenda is published some days before each meeting at www.anc6d.org.

Neighborhood Religious Services

Galilee A.M.E. Church

Worshipping at St. Augustine's Episcopal Church, 600 M St. SW (202) 258-6812
Rev. S. Isaiah Harvin
sisaiahharvin@yahoo.com
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW (202) 484-3184
Pastor Robert Carter
tizdtw@yahoo.com
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW (202) 484-3172
Pastor Lester W. Allen
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m. Bible Study

Friendship Baptist Church

900 Delaware Ave. SW (202) 488-7417
Rev. Dr. J. Michael Little, Pastor
Rachel McNeal, Admin. Asst.
crachel522@aol.com
Sunday: 9:30 A.M., Sunday School; 11 a.m. Morning Worship
Tuesday: 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW (202) 554-4330
Pastor Michael Bledsoe,
pstrbled@comcast.net
Sunday: 10 a.m. with Bible Study at 9 a.m.

St. Matthew's Baptist Church

1105 New Jersey Ave. SE (202) 488-7298
Rev. Dr. Maxwell M. Washington, Pastor
Gwendolyn Coleman, Office Asst.
praisethelord1820@yahoo.com
Sunday: 8 a.m. Sunday School; 9:05 a.m. Worship Service
Tuesday: 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

1200 Canal Street SW (Corner of First and M streets SW) (202) 484-3112
Reverend James Jones
Reverend Carl V. Messiah
sbcsww@aol.com
Summer Schedule for July & August
Sunday: Church School 9:30 a.m., Morning Worship 10:45 a.m.
Each 3rd Sundays: Unity Sunday-Sunday Church School 8:30 a.m., Worship at 9:45 a.m.

Second Union Baptist Church

1107 Delaware Ave. SW (202) 484-7012

www.secondunionbaptistchurch.org

Rev. William Harrison, Pastor
secondunionbaptist@yahoo.com
Sunday: 9:30 a.m. Sunday School, 10:45 a.m. Worship
Wednesday: Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

St. Dominic Catholic Parish

603 E St. SW (202) 554-7863
Father Gregory Salomone, O.P.,
fathergreg@speakeasy.net
Denise Marshall, Parish Receptionist & Admin. Asst.,
receptionist@st-dominic-church.org
Saturday: 5:15 p.m. (Vigil of Sunday)
Sunday: 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m. in the Church (There are no Masses on federal holidays)
Reconciliation: Monday – Friday 11:55 a.m. – 12:10 p.m.; Saturday 4:30 p.m. – 5 p.m.

St. Vincent de Paul Catholic Church

14 M St. SE (202) 488-1354
Fr. Richard Gaucanyco
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.
9:15 a.m. - 10:15 a.m. - Bible Study, RCIA classes and First Holy Communion and Confirmation classes. Classes start on Sunday, October 10.

St. Augustine's Episcopal Church

600 M St. SW (202) 554-3222
Rev. Martha Clark
marthakclark@yahoo.com
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Matthew's Lutheran Church

Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square (410) 375-5053 (cell)
Pastor Phillip Huber
pchuber@hughes.net
Sunday: 10:30 a.m.
Wednesday: 6:45 p.m. Sing & Rejoice
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

Christ United Methodist Church

900 Fourth St. SW (202) 554-9117
Rev. Adrienne Terry
ChristUMCDC@yahoo.com
Sunday: 10 a.m.
Thursday: 12 noon & 6:30 p.m., Bible Study

Westminster Presbyterian Church

400 I St. SW (202) 484-7700
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"Sing a Song of Christmas" to Feature Soprano and Pianist Joyce Bouvier

By Elaine Graves

Soprano Joyce Bouvier, St. Augustine's pianist, opens the Christmas season on Wednesday, December 1 when she performs at 7 p.m. for St. Augustine's Episcopal Church's Art & Spirit Coffeehouse, at 600 M St., SW. An artist familiar to many community members, Joyce has appeared frequently with the Southwest Chamber Music Players since 1997. She explains that her program, "Sing a Song of Christmas,"



Joyce at her piano.

will include "lesser-known Christmas songs as well as a sing-a-long of seasonal favorites." The free evening includes coffee and desserts, followed by a Q & A with the audience facilitated by Michael Mack.

Bouvier explains, "I love the challenge of expressing myriads of emotions that singing requires. Like a good stage actor, singers must be able to be convincing no matter how they feel about the words they are singing or the character they are portraying. I'm a very

happy person, but it's not always a happy song!"

Joyce's love of music began at the age of five, when she discovered she liked to sing. She then expanded to studying the piano at age seven. She is classically trained in opera, and had small roles in three metropolitan Washington, D.C. opera companies.

Bouvier trained with vocal teacher Muriel Von Villas, a past director of music at St. Augustine's. She has built a repertoire of 700 songs, which she both plays on the piano and sings. Bouvier has performed as a vocalist, pianist and organist with various churches in the area.

The Southwest Episcopal Church's Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists in their various media as they perform and share how their faith, art and social worldview intersect, according to Rev. Martha Clark, Priest-in-Charge at St. Augustine's. Donations will be accepted to help provide honoraria for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

CHURCH

continued from page 3

Washington Navy Yard. In addition to serving as a place of religious worship, Saint Paul's provided aid, education, and a safe center of social activity since before Emancipation.

If the Historic Preservation Review Board designates the property, it will be included in the D.C. Inventory of Historic Sites and will be protected by the D.C. Historic Landmark and Historic District Protection Act of 1978. The Review Board will simultaneously consider the nomination of the property to the National Register of Historic Places.

The National Register is the Federal government's official list of prehistoric and historic

properties worthy of preservation. Listing in the National Register provides recognition of the importance of properties and assists in preserving our nation's heritage and grants certain Federal tax credits for rehabilitation.

The Board has scheduled a public hearing on the application, open to all interested parties or persons, beginning at 10 a.m. on Thursday, November 18. The hearing will be held at 441 Fourth St. NW (One Judiciary Square) in Room 220 South. Written testimony may be submitted prior to the hearing. All filings with the Board should be sent to the Office of Planning, 1100 Fourth St. NW, Suite E650, Washington, DC 20024. A copy of the application is on file and available to the public at the Historic Preservation Office.

ROGER MOFFATT

Your Commissioner in ANC 6D-05

Congratulates Constituents

- ★ *Thelma Jones for her Lifetime Achievement Award*
- ★ *Coralie Farlee - Chair of the ABC Committee*
- ★ *Naomi Monk - Past Chair of the Outreach Committee*
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Paid for by Roger Moffatt for ANC 6D05, Summary Financial Report to be filed with DC OCF

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Photo by Robert E. Hyman

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Melissa Rohan has lived in Ward 6 for nearly 10 years, and her family currently resides in Southwest Waterfront. You can learn more about Melissa at www.melissarohan.com or email her at info@melissarohan.com.

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Paid for by Friends of Melissa Rohan PO Box 70072, Washington, DC 20024
 Matt Rohan, Treasurer. A copy of our report is filed with the Office of Campaign Finance.

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